



Cheshire West & Chester Council

Improving Practice,
Improving
Lives

Learning and Development Programme for Foster Carers

April 2015 – March 2016



Applications to be returned to

Where possible, email your applications to
integratedworkforce@cheshirewestandchester.gov.uk

OD & Workforce Development Team, 1st Floor
Cheshire West and Chester Council
58 Nicholas Street, Chester, CH1 2NP
Telephone: 01244 973263

Only attend a course if you have received confirmation by email, post or telephone.

Once you have returned your application form please put the course date in your diary.

Note: If you have not received a confirmation three weeks before your course,
Please contact the Workforce Development Team to check if you have been
allocated a place.

A light lunch will be provided for all full day courses stated in this programme

Please inform Workforce Development as soon as possible if you are unable to attend
the training.

Please allow 15 minutes before the beginning of each course to sign in, get a drink, and
collect handouts ready for a prompt start.

Angela Henry
Organisational Development and Workforce Lead
Telephone: 01244 973196

Welcome to the Learning and Development Programme for Foster Carers

The Fostering Service has developed the training programme in partnership with the Workforce Development Team. The Fostering Service is responsible for the development and delivery of all training courses for foster carers, and for the provision of supervision and support to foster carers.

This training programme reflects the Council's commitment to the provision of quality training services to foster carers. Our aim is:

“To ensure that all people involved in developing and providing the fostering service are trained, equipped, supported, involved, rewarded, valued and respected in relation to the job they do.”

Training for foster carers has four identifiable stages:

- | | |
|--------------------|--|
| Stage one | Pre Approval Training (Skills to Foster) |
| Stage two | Induction Training
The training, support and development Standards (TDS) |
| Stage three | Core Training: <ul style="list-style-type: none">• Anti-Bullying• Attachment• Care Planning• Child Protection• Education• Emergency Aid• E-Safety• Life Story Work• Safer Caring• Therapeutic Crisis Intervention (TCI)• Valuing Diversity |
| Stage four | Carer Development |

Stages one to three are all mandatory courses and meet the requirements of the Code of Practice on Foster Care, the UK National Standards for Foster Care and the National Minimum Standards for Fostering Services. Core training also provides experienced foster carers with the opportunity to attend refresher training and/or to attend courses for the first time.

Please note that all core training must be repeated every three years.

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Anti Bullying

The aims of this course are to raise awareness of bullying behaviours and attitudes.

This course will include input, small and large group discussions, and opportunities for foster carers to discuss their own experiences.

Participants will:

- Consider their roles in relation to bullying
- Be able to consider ways of supporting young people
- Be able to raise issues of vulnerable children and abusive behaviours
- Understand the need to work co-operatively with schools, individuals and other organisations

Date	Times	Venue
19/11/2015	09:30 – 14:30	Cheshire View, Christleton

Attachment 0-7yrs

The aims of this course are to look at typical and atypical attachment development and develop your understanding of attachment behaviour over the first three years of an infant's life.

This course will address the impact of attachment on the future for an individual and provide candidates with ideas and activities for promoting attachment behaviours.

Participants will:

- Give consideration to what attachment is and the function it serves
- Understand what is meant by the term typical and atypical attachment development.
- Explored how to build confidence in building positive attachment relationships with children and young people.

Date	Times	Venue
17/06/2015	09:30 – 14:30	Mollington Banastre Hotel, Chester
23/09/2015	18:30 – 21:30	Mollington Banastre Hotel, Chester

Attachment 8-18yrs

The aims of this course are to support foster carers to understand attachment and attachment issues for children and young people they look after, and to raise foster carers' awareness of attachment.

This course builds on our understanding of atypical attachment development. It will provide an insight into the possible functions of behaviour from an attachment perspective and will support candidates in understanding real life cases which they wish to discuss in order to consider practical strategies.

Participants will:

- A range of parenting strategies to support you in responding to the needs of children in your care.

- An insight into what children’s behaviour is trying to communicate
- Had an opportunity to discuss and reflect upon your own parenting responses.

Date	Times	Venue
20/10/2015	09:30 – 14:30	Cheshire View, Christleton
09/02/2016	18:30 – 21:30	Mollington Banastre Hotel, Chester

Autistic Spectrum Disorder / Aspergers Syndrome

The aims of this course are to extend knowledge of the Autistic Spectrum and its characteristics. To consider ‘challenging behaviour’ in those with an Autistic Spectrum Disorder (ASD) and to outline appropriate strategies for support. This course will give you a thorough understanding of the needs of children with Aspergers syndrome, with an emphasis on identifying and teaching social skills; an area that these children find particularly difficult. The process of assessment and assessment criteria will be discussed, we also look at how to support language problems and obsessive interests. Sensory implications in autism will also be discussed.

Participants will:

- Increased understanding of the perspectives of individuals who have ASD
- Will gain knowledge of general support approaches for individuals with ASD

Date	Times	Venue
27/11/2015	09:30 – 14:30	Cheshire View, Christleton

Care Planning

The aims of this course are to support foster carers with their understanding of the care planning and assessment process when a child/young person comes into the looked after system.

This course will include input, small and large group discussions, and opportunities for foster carers to discuss their own experiences of fostering.

Participants will:

- Identify the process of assessment and care planning, and who is involved with the child
- Understand paper work, review the process and time scales required when a child is placed
- Be more familiar with standards, policy and good practice guidelines around care planning and the ICS paperwork

Date	Times	Venue
08/10/2015	09:30 – 14:30	Cheshire View, Christleton

Child Protection (basic)

The aim of this course is to have a clear understanding of types of abuse, including signs and indicators and the circumstances in which abuse may occur and by whom. To understand what to do if you are worried a child may be being abused and what factors may, when present in a family, increase risk of abuse.

- To outline what is expected of you in working together with other agencies in the sharing of information
- To outline the response to your concern by other agencies
- Understand how their role fits into the wider safeguarding children context
- Gain knowledge of the history and legal context that underpins the safeguarding agenda

Participants will:

- Understand the reporting structure on identifying abuse
- Understanding the role of the Local Authority Designated Officer (LADO) and how to protect oneself as a member of the children's workforce

Date	Times	Venue
15/05/2015	09:30 – 14:30	Cheshire View, Christleton
08/3/2016	09:30 – 14:30	Cheshire View, Christleton

Child Protection (plus)

The aim of this course is to have a clear understanding of types of abuse, including signs and indicators and the circumstances in which abuse may occur and by whom. To understand what to do if you are worried a child may be being abused and what factors may, when present in a family, increase risk of abuse.

- Build on existing knowledge and experience of safeguarding and child protection policy and procedure in Chester West and Chester
- Gain a broader understanding of the Local Authority Designated Officer role and the allegations management process
- Explore data from Serious Case Reviews and identify changes you can make to your practice
- Be able to identify indicators of child sexual exploitation and understand and utilise the missing from home/child sexual exploitation procedure

Date	Times	Venue
11/09/2015	09:30 – 14:30	Cheshire View, Christleton

Children's Rights and Participation – The Voice of the Child/Young Person

Aims of this course: Children's Rights & Participation Training - The Voice of the Child

This training will help you understand what the voice of the child is and why it is a legal entitlement.

- Learn about how we ensure it is happening in Cheshire West and Chester.
- This training highlights how you can support children and young people to have a voice.

We aim to model a participative way of working throughout the day using a mixture of short presentations, small group exercises, feedback and discussion.

We also aim to have some fun.

Participants will:

- This training highlights how you can support children and young people to have a voice.
- Help you understand what the 'voice of the child' is and why it is a legal entitlement.
- Understand how we ensure it is happening in Cheshire West and Chester.

Date	Times	Venue
10/11/2015	09:30 – 14:30	Cheshire View, Christleton

Communicating with Children with Disabilities

This course looks at the prevalence and cause of speech, language and communication difficulties in children, identifying the range of delays and disorders that can be identified and how best to support a child's identified needs

- Causes of Speech Language and Communication disorder
- Identification via, medical model, psycho-linguistic model and linguistic model
- Understanding the normal development of speech and language
- Awareness of how the speech sound system works and how speech sounds are produced
- How to support and develop communication skills when a child is disordered or non-verbal.

Participants will:

- Have full understanding of the nature and range of speech language and communication difficulties that a child may present with, and strategies of how best to support and develop their communication skills.

Date	Times	Venue
25/09/2015	09:30 – 14:30	Cheshire View, Christleton

Child Sexual Exploitation

Training Objectives:

- Know the definition of Child Sexual Exploitation
- Signs, indicators and models of CSE
- Responding to disclosures/speaking with young people
- The Grooming Process
- Managing Risk
- The Impact of CSE on a young person

- Professionals to understand their duty to report
- Local processes for escalation
- Various resources for professionals

Date	Times	Venue
20/05/2015	09:30 – 14:30	Cheshire View, Christleton
15/10/2015	09:30 – 14:30	Cheshire View, Christleton

Delegated Authority

In April 2011 new regulations, national minimum standards and statutory guidance was introduced for implementation within fostering services, including a positive move towards delegating authority to foster carers. This is alongside changes to care planning and case review and Independent Reviewing Officer regulations and statutory guidance introduced in 2010.

This day is to update participants' knowledge of the framework for delegating authority and to explore practical implications and tools for working with children, young people and their families, where authority may be delegated to foster carers.

Participants will:

- Understand principles behind the new frameworks for delegating authority and their relevance
- Be aware of key legislative changes, including statutory guidance and the local authority's policy on delegating authority
- Know which consents can, and cannot, be delegated in different circumstances and have considered implications for working safely and positively
- Have considered tools for delegating authority to foster carers and tools for risk assessment

National minimum Standards 2011 Links include:

Values - Children in foster care deserve to be treated as a good parent would treat their own children and to have the opportunity for as full an experience of family life and childhood as possible, without unnecessary restrictions.

7.3 Foster carers understand what is in the child's placement plan and have clarity about decisions they can make about the day to day arrangements for the child, including such matters as education, leisure activities, overnight stays, holidays and personal issues such as hair cuts.

7.4 Foster carers are supported to make reasonable and appropriate decisions within the authority delegated to them, without having to seek consent unnecessarily.

9.7 Foster carers understand what decisions about contact are delegated to them, in line with the child's care plan, and make those decisions in the child's best interests.

CWDC Links include:

Standard 1 Person-centred approach

Standard 2 Legislation, policies and procedures; fostering role; Team working

Standard 3 Risk assessments

Date	Times	Venue
19/05/2015	09:30 – 14:30	Cheshire View, Christleton

DFE - Department for Education and Development Training Standards

The Training, Support and Development Standards for Foster Care have been developed by Children's Workforce Development Council (CWDC) from April 2012 known as DFE. CWDC is responsible for ensuring that people working with children, young people and their families have the best possible training, qualifications, support and advice.

The Standards have been designed to support you as a Foster Carer from approval through the first two years of service. They give your Foster Care provider a framework for your training and professional development which will mean you get the best possible training, information and knowledge to truly make a difference to the lives of the children you care for.

The seven Standards cover the main areas of the foster care role and set out what Foster Carers will be supported, within the training workshop to, understand and be able to complete the following standards:

Standard 1: Understand the principles and values essential for fostering children and young people.

Standard 2: Understand your role as a Foster Carer.

Standard 3: Understand health and safety, and healthy caring.

Standard 4: Know how to communicate effectively.

Standard 5: Understand the development of children and young people.

Standard 6: Safeguard children and young people (keep them safe from harm).

Standard 7: Develop yourself.

The Standards have been adapted from the CWDC Induction Standards for workers in children's social care and recognise the unique position of Foster Carers providing a service in their own homes 24 hours a day, seven days a week.

All participants attending please bring with you your training standards work book

Date	Times	Venue
24/04/2015	10:00-13:00	Civic Way
08/05/2015	10:00-13:00	Wyvern House
12/06/2015	10:00-13:00	Civic Way
10/07/2015	10:00-13:00	Wyvern House
18/09/2015	10:00-13:00	Civic Way
16/10/2015	10:00-13:00	Wyvern House

20/11/2015	10:00-13:00	Civic Way
22/01/2016	10:00-13:00	Wyvern House
12/02/2016	10:00-13:00	Civic Way
11/03/2016	10:00-13:00	Wyvern House

Drugs Awareness

Aim of this course

To provide a better understanding of the types of common drugs used. By the end of the training session, you will have an increased knowledge and awareness of the following:

- The legal status
- The effects on the body
- The dangers of using drugs
- Some recognition techniques now taught to the Police
- And where to find more information

Date	Times	Venue
09/06/2015	09:30 – 14:30	Cheshire View, Christleton
29/09/2015	18:30 – 21:30	Cheshire View, Christleton

Dyspraxia

The aims of this course are to look at the diagnosis, difficulties and support needs of children who have co-ordination difficulties:

- Diagnosis of Dyspraxia
- Clinical evaluation of gross and fine motor skills
- Simulation activities and emotional support needs identified
- Practical strategies to improve motor co-ordination including physical exercises

Participants will:

- Understand the challenges of living with a motor co-ordination difficulty such as dyspraxia
- Support and develop motor skills of a child presenting with such difficulties

Date	Times	Venue
18/03/2016	09:30 – 14:30	Cheshire View, Christleton

E-Safety

The aims of this course are to support foster carers to provide and promote internet safety and to raise foster carers' awareness of the need to keep security updated.

This course will include input, small and large group discussions, and opportunities for foster carers to discuss their own experiences of internet issues

Participants will:

- Identified the importance to have a safe care policy indicating internet access
- Be more familiar with and have an overview of key issues when using various applications.
- Have discussed and identified how to put these into practice, involving all members of the family, to help keep children safe.
- Appreciate the need to implement safety measures
- Understand the importance of keeping security updated
- Understand and appreciate the need to only put appropriate material on line
- Understand the importance of keeping yourself safe on line

Date	Times	Venue
23/06/2015	09:30 -12:30	Wyvern House
10/09/2015	09:30 -12:30	Civic way
06/01/2016	09:30 -12:30	Wyvern House

Education- Helping children in care to learn and succeed

What this course will do:

This course has been designed to help you as carers support the education of children in your care and to explore how you can enable children to become more confident and effective learners. Support with literacy is a key aspect of the day.

The course is delivered by the Virtual School for Cheshire West and Chester Children in Care

Why this course is important:

Education is immensely important, yet for children in care there are a whole range of factors which can create barriers to educational success and which limit life chances. The course offers a 'skills for life' approach for foster carers to support children in care to experience success.

This course aims to help carers to:

- Have an understanding of recent changes to the National Curriculum and also Special Educational Needs and Disabilities (SEND)
- Work with schools and support children's education including thinking about learning styles and multiple intelligences.
- Support children's literacy by helping listening skills and using paired reading.
- Support children's self-esteem and our own.

Date	Times	Venue
23/04/2015	09:30 – 14:30	Cheshire View, Christleton

Emergency First Aid and Paediatric First Aid

The aims of this course are to make participants familiar with the principles of first aid, be able to deal with a first aid emergency effectively until help arrives.

This course will cover the following areas:

- Legislation
- Record Keeping
- First Aid equipment
- Priorities at the scene of an emergency
- Hypoxia – Airway disorders
- Unconsciousness
- Cardiac arrest and Cardiopulmonary Resuscitation
- Choking procedures
- Minor and major blood loss, circulatory shock
- Minor scalds and burns
- Seizures
- Common medical conditions – Stroke, Diabetes, Heart Attack

Certification: Valid for three years annual refresher strongly recommended - **Exam:** Continual Assessment

Date	Times	Venue
06/07/2015 & 07/07/2015	09:30 – 14:30	Cheshire View, Christleton
16/09/2015 & 17/09/2015	09:30 – 14:30	Cheshire View, Christleton
12/11/2015 & 13/11/2015	09:30 – 14:30	Cheshire View, Christleton
18/01/2016 20/01/2016 26/01/2016 & 27/01/2016	18:30 – 21:30	Cheshire View, Christleton

Fostering Changes

The Fostering Changes programme is the only British designed programme for foster carers working specifically with Cared for Children and the specific, complex and challenging needs they bring with them.

Fostering Changes draws substantially on ideas from parent training programmes that use a cognitive-behavioural approach to work with parents, in order to develop their skills in building positive bonds with their children, encouraging positive behaviours and setting limits.

The aim of the programme is to provide practical advice and strategies for foster carers in order to develop their skills in managing difficult and challenging behaviour.

The sessions involved in the Fostering Changes Programme covers strategies and key ideas for encouraging positive and appropriate behaviours, strategies for setting limits and providing consequences, managing stress and working with thoughts and feelings. It includes promotion and support of education, helping children to regulate their emotions, communicating with children and problem solving.

The essence of the course enables foster carers to develop skills and strategies to manage difficult behaviour and enable them to develop positive attachments to the children they care for. The Training programme is open to mainstream, family and friends and long term foster carers , of experienced and less experienced carers who have a mix of settled and unsettled placements.

The foster carer must have a child in placement, aged 2 – 12 years.

The training programme is for 12 sessions – One session is for 4 hours, followed by lunch.

Five sessions focus on education and helping carers support children to achieve academically. The programme includes “home practice” where the practice of new skills and techniques is tried and outcomes are shared back with the group at the next session.

(Must attend all 12 dates)

Please speak to your supervising social worker if you would like to register for this course as a home visit would need to be completed before attendance.

Date	Times	Venue
16/09/2015	09:30 – 14:30	Forest Hills
30/09/2015	09:30 – 14:30	Forest Hills
07/10/2015	09:30 – 14:30	Forest Hills
14/10/2015	09:30 – 14:30	Forest Hills
21/10/2015	09:30 – 14:30	Forest hills
04/11/2015	09:30 – 14:30	Forest Hills
11/11/215	09:30 – 14:30	Forest Hills
18/11/2015	09:30 – 14:30	Forest Hills
25/11/2015	09:30 – 14:30	Forest Hills
02/12/2015	09:30 – 14:30	Forest Hills
09/12/2015	09:30 – 14:30	Forest Hills
16/12/2015	09:30 – 14:30	Forest Hills

Induction Training – Foster Carers

Induction training ‘Tools of the Trade’ provides newly approved foster carers with the opportunity to meet with key personnel, including experienced foster carers within the council. The workshop provides new carers with information regarding the range of support services available to foster carers within the authority.

Induction training comprises the ‘Tools of the Trade’ programme incorporating information about the policies and procedures which govern foster carers work and the services available to support them

within Cheshire West and Chester. Induction training includes the CWDC Training, Support and Development Standards. Induction training is mandatory and is to be completed within one year of approval.

Date	Times	Venue
02/07/2015 & 03/07/2015	09:30 – 14:30	Cheshire View, Christleton
01/10/2015 & 02/10/2015	09:30 – 14:30	Cheshire View, Christleton
07/01/2016 & 08/01/2016	09:30 – 14:30	Cheshire View, Christleton

Life Story Work

The aims of this course are to understand the importance for life story work for Looked after Children, and the emotional impact on children, their carers and workers. Its purpose is to allow the child to make sense of her/his past and present life in order to move into the future with confidence. Life Story work is a structured time-limited piece of work undertaken with a child.

Discover a child understanding of what has happened to her/him in the past and to put right the misperceptions of her/his history. Find out the wishes/feelings of the child about the past/future and to aid the child understanding of realistic possibilities for the future. Promote attachment to the worker in order for the worker to act as a secure 'bridge' to the future to minimise grief / loss following the separation from familiar figures / places.

This course will include input, small and large group discussions

Participants will:

- Be more familiar with policy and good practice guidelines
- Understand the importance for Life story work for Looked after Children, and the emotional impact on children, their carers and workers
- Help children understand what has happened to her/him in the past

Date	Times	Venue
22/10/2015 & 23/10/2015	09:30 – 14:30	Cheshire View, Christleton
18/02/2016 & 19/02/2016	09:30 – 14:30	Cheshire View, Christleton

Loss - Not too young to Grieve

The training is a discrete and well received package designed by the University of Leicester aimed at professionals working in the Early Years Foundation Stage and KS1. Nationally 3% of children under 5 will lose a parent/main carer or sibling through death. The aim of the course is to:

- Increase awareness of issues surrounding bereavement/loss in young children

- To develop practitioner/teacher confidence in supporting bereaved children and their parents/carers
- To signpost where additional help is available within CWAC and nationally.

A child's understanding of loss will depend on their age and cognitive level as well as their previous experience. Their understanding of language and idiom is also crucial - we need to consider carefully the language that we use when talking with children and not make assumptions about their understanding

Date	Times	Venue
06/10/2015	09:30 – 14:30	Cheshire View, Christleton

Medication

Caring for medicines - To include activities and discussion on: assisting children to achieve good medicine taking routines

AIM - That on successful completion of the course, participants will have developed a basic knowledge that will enable them to feel confident when working with children who are required to take medicines, orally, or by injection or transdermally (via the skin) or other application methods (drops).

Participants will:

- Develop a basic understanding of the laws related to caring for medicines and the recording of medicine regimes
- Understand the care and storage of a variety of medicines including when travelling
- Understand the required methodology of a number of medicines and possible side effects of these methodologies

Date	Times	Venue
24/06/2015	09:30 – 14:30	Mollington Banastre Hotel, Chester

RSPCA – BREAKING THE CHAIN

Aims of the training:

- To understand the role of animals in our lives
- To understand how to encourage the children you support to have positive attitudes and a sense of responsibility towards animals
- To increase your confidence in supporting children where cruelty to animals may be an issue
- To raise awareness of how the RSPCA can support you through our website and resources.

The one-off training event is very practical and hands on and we will have a go at some activities from our intervention programme and foster parents should leave the training with lots of ideas for things they can do at home.

We also explore some of the theory about the issue of cruelty to animals. Research suggests that children who have witnessed or been victims of violence or abuse in the home are 2-3 times more likely to become involved in cruelty to animals.

Date	Times	Venue
01/04/2015	09:30 – 14:30	Cheshire View, Christleton
08/07/2015	09:30 – 14:30	Mollington Banastre Hotel, Chester

Safer Caring

The aim of this course is to support foster carers to provide and promote safer care for children and young people they look after, and to raise foster carers' awareness of situations which could lead to an allegation being made against them.

This course will include input, small and large group discussions, and opportunities for foster carers to discuss their own experiences of fostering.

These discussions can occur with experienced foster carers as well as with those who are fairly new to fostering.

Participants will:

- Have identified the vulnerability of children, young people, carers and their families arising from fostering situations
- Be more familiar with standards, policy and good practice guidelines about safer caring and risk assessment and will discuss and identify how to put these into practice, involving all members of the family, to help keep children safe.

Date	Times	Venue
11/06/2015	09:30 – 14:30	Cheshire View, Christleton
26/11/2015	09:30 – 14:30	Cheshire View, Christleton

DFE Training Standards - Links

The course is particularly relevant to:

Standard 1 Area 3 Outcome c

Explain why it is important to listen to children and young people's views about risk and safety, and show how you take these into account in your role as a foster carer.

Standard 6 Area 2 Outcomes b and c

Be aware of what contributes to a safe environment for children and young people.

Know how to help children and young people keep themselves safe from harm or abuse.

Standard 6 Area 3 Outcome a

Understand the different ways in which children and young people can be harmed by adults, other children and young people, including the internet.

Sexual Health and HIV

This course aims to protect vulnerable service users in the broadest sense of enabling them to develop knowledge and skills to make informed and hopefully sexually healthier choices. Provide a framework for staff working in the potential minefield of sexual issues and to promote a more proactive approach to sexual health and well-being rather than simply reacting to the negative aftermath of sexual behaviour. To improve factual knowledge covering HIV & Aids and to increase our own awareness of prejudice / assumptions related to HIV / Aids. By doing this we hope to reduce unnecessary anxiety of carers and staff regarding risks of infection.

Disseminate policy: Begin to look at how our own attitudes re. Sex and sexuality affect our attitudes and reactions.

Date	Times	Venue
13/10/2015	09:30 – 14:30	Cheshire View, Christleton
16/03/2016	09:30 – 14:30	Cheshire View, Christleton

Participants will:

- Put a framework around existing practice: sexual health as part of overall health and well being and give participants an understanding of why sexual health issues are on the agenda
- Disseminate the Sexual Health Policy, Strategy and Guidelines

Sexualised Behaviour for Children with Disabilities

The training has a two part focus. Firstly it is designed to provide information regarding the development of sexuality. It will provide an opportunity for Workers with young people who have learning disabilities and in particular those on the Autistic Spectrum to gain insight into:

What to expect with the development of sexualised behaviour and when this becomes a concern as sexually problematic or harmful behaviour (using the Brook Tool adopted by CWAC)

- Understanding about why inappropriate sexualised behaviour may occur
- Consider ways in which young people with ASD and Learning Disabilities can be supported to understand their feelings, thoughts and behaviour
- Secondly, the training will provide the opportunity for Care Colleagues to explore the wider issues surrounding sexualised behaviour in a residential care setting.

It will enable them to:

- become more comfortable in dealing with and discussing issues of sexuality between themselves and with young people with Learning Disabilities and ASD

- have the opportunity to explore together their own beliefs and consider any barriers
- consider how we can promote a climate where young people know that empathic adults are available to them so they can be supported to explore their feelings, find support and guidance towards healthy sexualisation.

The training will be delivered by colleagues from the Psychology Team. It will be interactive and will allow for discussion to be facilitated around what already works well, to discuss any issues that have arisen and to address any particular concerns.

Date	Times	Venue
08/09/2015	09:30 – 14:30	Cheshire View, Christleton

TCI Therapeutic Crisis Intervention

Children who are fostered or adopted may need a special kind of care. Over the last 10 years we have learned more about how unfortunate early life experiences can lead to impulsive and aggressive behaviour and an inability to control emotions. Traditional parenting methods – raising voices, telling off, punishing, for example – tend to alienate such children. Children who have suffered the effects of trauma need a different approach based on building trust and relationships and the use of active listening and positive behaviour support methods. TCI teaches family carers how to use these skills. It is a practical, fun course based on the best principles of adult education and full of skills to use in the real world

The aims of this course:

- Understanding the effects of trauma on a child
- Assessing the situation before responding. Understanding the meaning of the behaviour for the child and responding to feelings and needs, not just the behaviour
- Keeping calm when faced with challenging behaviour
- Preventing challenging behaviour – negotiating a plan with the child over expectations and boundaries.
- Helping the child learn limits and accept that the word, “No” might sometimes be necessary
- Active listening
- Behaviour support techniques for agitated behaviour
- Emotional first aid for emotional outbursts
- Crisis co-regulation skills for aggressive and violent behaviour
- The Life Space Interview – a therapeutic debriefing technique to help children learn from incidents and control their own behaviour

Please speak to your supervising social worker if you would like to register for this course.

Date	Times	Venue
27 April - 1st May 2015 5 full days must be completed	09:30 – 15:30	Forest Hills
21st - 25th Sep 2015 5 full days must be completed	09:30 – 15:30	Forest Hills
11th - 15th Jan 2016 5 full days must be completed	09:30 – 15:30	Forest Hills

Valuing Diversity

This one day training event will explore the importance of valuing diversity in foster care. The course will use a variety of small / large group discussions to explore valuing diversity and what this means for caring for children and young people.

Aims

The course will provide foster carers with an opportunity to:

- Explore issues relating to power in society and how these impact on us all, particularly foster children including the social model of disability.
- Have a better understanding of the theory, language and terminology used in addressing equalities issues.
- Be more aware of your own thoughts and feelings and how these affect your approach to working with difference.
- Feel more confident in using skills to promote equalities throughout your practice.

Learning Outcomes

- Develop an understanding about local and national policy / legislation including Cheshire west and Chester's position on diversity.
- Develop an understanding of how to promote children / young people's individual needs and sense of identity in foster care.
- Develop awareness of their own attitudes to difference including work with birth families.

Date	Times	Venue
09/10/2015	09:30 – 14:30	Cheshire View, Christleton

Additional training to look out for during the year - details will be sent out separately on an alert:

- Record Keeping
- Transitions
- Safe Contact

Venue Information



Cheshire View
Plough Lane
Christleton
Chester
CH3 7PT



Wyvern House
The Drumber
Winsford
CW7 1AH



4 Civic Way/Hall
Ellesmere Port
CH65 0BE



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Learning and Development Programme
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